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**TRANSIT IN THE CITY**  
SPECIAL FEATURE  
COMPARES SYSTEMS  
ACROSS CANADA {page 3}



**SUPERMOM**  
ALBA'S SAVING THE  
WORLD AND AWAITING  
DIAPER DUTY {page 12}



OTTAWA

**metro**®

Monday, August 15, 2011  
www.metronews.ca



News worth sharing.

**Guatemalan. Dance**



► Marvin Alvarado, 14, performs The Dance of the Conquest.

JESSICA SMITH/METRO

## Celebrating their heritage

Marvin Alvarado was one of several dancers who performed at Latin American Heritage Day at city hall yesterday. His handmade Guatemalan costume symbolizes the Spanish conquerors who invaded Guatemala in the 16th century.

# Anti-asbestos ad runs afoul of Tory trademark claim

► Widow says she'll only pull ad if top Conservative official agrees to meet and explain party's stance on industry

The federal Conservative party has sent a threatening email to the widow of an asbestos victim in the latest chapter of Canada's debate over the hazardous mineral.

A top Tory official is warning the woman to stop using the party logo in an online ad campaign against the controversial industry — a campaign she started after her husband died of an asbestos-related cancer.

Michaela Keyserlingk, whose husband Robert died in 2009 of mesothelioma, has been running an online banner since the spring that reads, "Canada is the only western country that still exports deadly asbestos!" The banner is flanked by the word "DANGER" and an image of the Tories' official symbol.

She says her husband was a lifelong Conservative supporter and was even a riding-association president of the old PC party — and he would be ashamed of its continued support for the industry.

Conservative Party executive director Dan Hilton has sent her an email telling her to immediately stop using the party logo. Hilton accuses the Ottawa woman of violating trademark laws, and warns of further consequences if she persists.

Canada, which barely uses the hazardous material domestically, exports asbestos to poor countries.

The industry and the Conservatives say asbestos is safe if properly handled — but asbestos critics say the product is used main-



► Michaela Keyserlingk holds a photo of her late husband, Robert.

**"I just want to have the asbestos trade stopped because it's such a horrible death."**

MICHAELA KEYSERLINGK

ly in developing countries where safety standards are haphazard.

THE CANADIAN PRESS

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# 1 news



"Rock Snot" becomes a global invasive species after spreading from Canada to congest rivers worldwide. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca



**Anxious investors hope for a break from recent turbulence on the stock markets. Video at metronews.ca**

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Sweet. Slide



► Fat Cats infielder Cody Mombourquette slides into home, scoring one of his team's eight runs against the Barrie Baycats in Ottawa yesterday evening.

JESSICA SMITH/METRO

## Fat Cats beat Baycats

The Ottawa Fat Cats are headed to the Intercounty Baseball League finals after last night's 8-5 win over the Barrie Baycats. The Fat Cats swept the Baycats, taking the first four games of the semi-final series.

The trip to the finals will be the first for the Intercounty Baseball League team, which is only in its second year.

## Feds tarred art show, artist says

JESSICA SMITH/METRO

► Artist has raised \$2,500 of \$4,000 she needs to bring political protest to Ottawa billboards



JESSICA SMITH @METRONEWS.CA

An artist who blames the feds for kiboshing her tour is trying to take her art to Ottawa instead — to display it somewhere Prime Minister Stephen Harper can't miss it.

If Franke James succeeds, "Dear Mr. Prime Minister, stop blacklisting environmental artists and scientists," is the message Stephen Harper will see on a billboard in Ottawa.

James was set to show her art, which condemns the environmental effects of tarsands development, on a 20-country tour in Europe and Asia. The tour was organized by Nektarina, a Croatian non-profit group and funded by two private backers. But after Nektarina contacted Canada's embassy in Croatia a

few months ago it all fell apart.

On its blog, Nektarina said its request for \$5,000 funding was denied by a Canadian Embassy official who said, "She (Franke James) speaks against the Canadian government." The group was "patronized and even intimidated" in its dealings with the Canadian government, the post said.

James claims her tour was intentionally torpedoed and said she personally believes the government put behind-the-scenes pressure on her backers to withdraw their support.

"When that happened, I decided that what I'd like to do is put a message on billboards and bus shelters in Ottawa," said James.

She turned to Loud-Sauce, a group that raises



► Artist and tarsands critic Franke James is raising money on the Internet to put this poster on a billboard in Ottawa.

money through social media to buy ad space for messages about civic responsibility.

The Department of Foreign Affairs and International Trade said little about James' complaints

in response to media inquiries.

"Ultimately, Canadian missions did not fund this artist's European tour," department spokesperson Jean-François Lacelle said in an email to the Toronto

Star. WITH FILES FROM TORSTAR NEWS SERVICE



For more local news visit metronews.ca/ottawa

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Tuesday  
September 6  
2011



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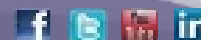
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..... **TRANSIT IN THE CITY**

# Compare and contrast

Do you think your city has the steepest bus fare in the country? Or that there aren't enough buses during rush hour? For the next three days, Metro will be analyzing the transit systems in eight cities across the country and catching up with commuters to find out what grinds their gears — and what they love — about transit in their city



## VANCOUVER

- **KM SERVED:** 3,500.
- **TYPES OF TRANSPORT:** Bus, electric trolley, train, subway, ferry.
- **COST PER RIDE:** \$2.50; transfer good for 90 minutes.
- **MONTHLY ADULT PASS:** \$81.
- **SPECIAL FEATURES:** System has one of last remaining electric trolley fleets in North America. Both SkyTrain and Canada Line trains are driverless systems. Can text transit-stop number to TransLink to learn arrival time of next bus.



## EDMONTON

- **KM SERVED:** More than 40 million each year by bus.
- **TYPES OF TRANSPORT:** Bus, LRT (train).
- **COST PER RIDE:** \$2.85; includes 90-minute transfer.
- **MONTHLY ADULT PASS:** \$84.65.
- **SPECIAL FEATURES:** Patrons can get bus schedules through a smartphone app or by sending a text message to 31100.



## OTTAWA

- **KM SERVED:** 6,785.
- **TYPES OF TRANSPORT:** Bus, O-train.
- **COST PER RIDE:** \$3.25 or two tickets for \$2.60; includes 90-minute transfer.
- **MONTHLY ADULT PASS:** \$94 regular pass, \$116 express.
- **SPECIAL FEATURES:** Transitway, a system of dedicated roadways and lanes reserved for transit and emergency vehicles, lets buses move quickly. All buses are low-floor, accessible and equipped with automated stop-calling systems.



## HALIFAX

- **KM SERVED:** 52,500 per day for buses.
- **TYPES OF TRANSPORT:** Bus, ferry.
- **COST PER RIDE:** \$2.25; \$1.80 bus ticket; transfer good in any direction.
- **MONTHLY ADULT PASS:** \$70.
- **SPECIAL FEATURES:** MetroLink buses take passengers from residential areas to downtown non-stop. Service hours increased by 50 per cent since 2002. GoTime allows passengers to call bus stop and hear scheduled departure.



**STEVE COLLINS**  
OTTAWA@METRONEWS.CA

By 2014, the purchase of six new trains is expected to increase frequency to every eight minutes (up from every 15) and increase capacity to 2,000 passengers per hour in each direction.

By 2018, the first \$2.1-billion phase of Ottawa's light-rail system is to be completed through Ottawa's downtown from LeBreton to Blair stations. Council has still not decided on the second stage of the project.

"It's great to dream about the next phases," said Mayor Jim Watson, "and it's great to see council very enthusiastic about wanting the route further east, further west and further south, but let's get Phase 1 done first, and then we'll start working on the following phases."

## Your take ...

### SOUND OFF

Bus stops without shelters? Tardy service? What grinds your gears about your city's transit system? What do you love about it? Metro wants to hear from you. Tweet us at @metroottawa.



### RATE YOUR SYSTEM

Check out our online poll and rate your city's transit system. Visit [metronews.ca](http://metronews.ca). Poll results will be printed in tomorrow's edition.

### BUILD YOUR IDEAL SYSTEM

If you had the power to change your city's transit system, what would you do? Create 24-hour service? Put debit machines on buses? Email us at [ottawalatters@metronews.ca](mailto:ottawalatters@metronews.ca) or send us a message on Twitter. The best answers will be printed in Wednesday's edition.

● METRO

### Coming up next

Grab a copy of Metro tomorrow, in which we'll look at transit riders' praises and pet peeves.



## CALGARY

- **KM SERVED:** 848 sq. km.
- **TYPES OF TRANSPORT:** Bus, C-Train.
- **COST PER RIDE:** \$2.75.
- **MONTHLY ADULT PASS:** \$90.
- **SPECIAL FEATURES:** C-Trains powered by wind-generated electricity through the Ride the Wind program. Since 2001, the C-Trains have been 100 per cent emission-free.



## WINNIPEG

- **DAILY PASSENGER TRIPS:** 110,000.
- **TYPE OF TRANSPORT:** Bus.
- **COST PER RIDE:** \$2.40 cash or \$2.10 bus ticket.
- **MONTHLY ADULT PASS:** \$75.35.
- **SPECIAL FEATURES:** Free downtown spirit bus, free transit rides before and after Blue Bomber games, school charters.



## LONDON

- **KM SERVED:** 11.6 million projected for all of 2011.
- **TYPE OF TRANSPORT:** Bus.
- **COST PER RIDE:** \$2.75 cash or \$1.90 with ticket; includes 90-minute transfer.
- **MONTHLY ADULT PASS:** \$81.
- **SPECIAL FEATURES:** Tuition passes for students, park-and-ride pass for \$50. London Transit buses are available on a charter basis for conferences and events.



## TORONTO

- **KM SERVED:** 215,631.
- **TYPES OF TRANSPORT:** Bus, streetcar, subway, train.
- **COST PER RIDE:** \$3 per ride; transfer good in one direction only.
- **MONTHLY ADULT PASS:** \$121.
- **SPECIAL FEATURES:** Hybrid buses make up close to 40 per cent of fleet. Bus drivers will drop female passengers off anywhere along route from 9 p.m. to 5 a.m. More than 97 per cent of bus fleet has bike racks. Can text stop number to learn arrival of next bus.

# Rethinking England's homegrown gangs

► Leaders of U.K. riots take cues from American gang culture, say experts ► PM Cameron seeks outside help

The Burger Bar Boys. The Cash or Slash Money Crew. The Bang Bang Gang. These names might sound straight out of a dime-store novel, but they're real-life Birmingham gangs — underground armies that spearheaded England's worst riots in a generation.

As Britain comes to grips with the causes of the past week's descent into anarchy, Prime Minister David Cameron has identified the growth of gangs as a key factor and is recruiting high-profile American anti-gang experts to help bring them to heel.

While senior British police officers openly resent that move, analysts of gang culture say it seems

logical to seek American assistance, because today's British gangs consciously ape American gang ambitions and style, from the bling to the lingo.

They talk in a street patois shaped by U.S. rap lyrics, use noms de guerre lifted straight from American gangster films and crime dramas, and choose such icons as Don Corleone, Al Pacino's Scarface or Baltimore ganglord Stringer Bell of The Wire TV series as their avatars on social-networking sites.

British law enforcement authorities admit that, until only a few years ago, they sought to minimize the scale and violent potential of their homegrown gangs. They

**"These teenage gangsters are creating their own criminal worlds, and in their minds it's very much an Americanized world. When they talk about the police, it's 'the Feds' or 'The 5-0,' as in Hawaii 5-0."**

CARL FELLSTROM,  
AN EXPERT ON ENGLAND'S GANGS

promoted their preferred label of "delinquent youth groups" and billed full-blooded street gangs as an American phenomenon.

THE ASSOCIATED PRESS

Celebration. Of love



► A performer dances with a spectator during the annual gay pride parade in Montreal yesterday.

GRAHAM HUGHES/THE CANADIAN PRESS

## Taking Pride in Montreal's streets

## Body of skydiver found in N.B. field

RCMP are investigating the death of a man who went skydiving Saturday afternoon in New Brunswick.

Police said the 34-year-old's body was found in a field off Highway 115 in

Notre-Dame, about 30 kilometres north of Moncton. "The skydiver fell to his death," Sgt. Jamie Melanson said yesterday in an interview. "We received a call that there was a body and,

for all intents and purposes, it was a skydiving accident."

Police said the man was from Notre-Dame, but did not release his name pending notification of his family. THE CANADIAN PRESS

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# Ownership claim is 'fraud': Facebook

► Lawyers cite 'painstaking forensic analysis' they say proves claimant's contract with founder is fake

PAUL SAKUMA/THE ASSOCIATED PRESS

Attorneys for Facebook and its founder, Mark Zuckerberg, say they have found "smoking gun" evidence on a New York man's computer proving he made up his claim that a contract he signed with Zuckerberg in 2003 gives him part ownership of the social network.

Facebook attorney Orin Snyder said Paul Ceglia has not complied with a judge's order to hand over certain electronic documents and that he has mislabelled others as confidential.

"He does not want the public to know what was discovered on his computers because it includes smoking-gun documents that conclusively establish that he fabricated the purported contract and that this entire lawsuit is a fraud and a lie," Snyder wrote.

Ceglia, of Wellsville, N.Y., says he and Zuckerberg met and signed a two-page agreement in the lobby of a Boston hotel on April 28,







► Mark Zuckerberg

2003. Zuckerberg, then a Harvard student, had replied to a help-wanted ad on the Craigslist website for work on a street-mapping database called StreetFax that Ceglia was creating.

According to the lawsuit, the contract shows that Ceglia paid Zuckerberg \$1,000 to work on the project and gave him another \$1,000 after Zuckerberg told him about his idea to create a kind of online yearbook. Ceglia was to get half

## Market moment

TSX	Dollar
	
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Oil	Natural gas 1,000 cu ft
	
- 34¢ (\$85.38 US)	\$4.06 US (- 4.8¢) Gold contracts \$1,742.60 US (- \$8.90)

PRICES AS OF 5 P.M. FRIDAY

of the business if it got off the ground. Ceglia attached a series of email exchanges in which he said he and Zuckerberg discussed the arrangement.

Facebook lawyers have accused Ceglia of altering the street-mapping agreement to insert references to Facebook and fabricating the emails altogether.

THE ASSOCIATED PRESS

## Gold a red-hot seller on eBay

The recent stock market

turmoil has been a boon for gold sellers on eBay Inc. The website's Bullion Center says sales of one-ounce gold American Eagle coins

and one-ounce gold Pamp Suisse bars rose steadily from Aug. 5 to Wednesday, before dipping slightly on Thursday. THE ASSOCIATED PRESS

## People. Power



► Tang Jun, Dalian city's senior official, second from left on the police van, addresses the crowd protesting the Fujia chemical plant yesterday after Tropical Storm Muifa raised fears of a toxic spill. Dalian is in Liaoning province in northeast China.

KYODO NEWS/THE ASSOCIATED PRESS

## Beijing bows to protesters

Authorities in the Chinese port city of Dalian ordered the petrochemical factory shut down after more than 12,000 people demonstrated over pollution concerns, state media said. Despite the apparent success of the protest, censors quickly began deleting references to it on social networking sites, a usual practice to prevent demonstrations from spreading.

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 Australia.....1.9 c/min	 Israel.....1.9 c/min	 South Korea.....2.9 c/min
 Bosnia.....13.9 c/min	 Italy.....1.9 c/min	 Sri Lanka.....9.9 c/min
 China.....1.9 c/min	 Lebanon.....7.9 c/min	 Trinidad.....4.9 c/min
 Colombia.....from 3.9 c/min	 Mexico.....from 1.9 c/min	 U.A.E.....14.9 c/min
 Cuba.....89.9 c/min	 Pakistan.....5.9 c/min	 U.K.....2.9 c/min
 El Salvador.....9.9 c/min	 Philippines.....11.9 c/min	 Vietnam.....4.9 c/min
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# LIFE WITHOUT WHEELS IS GREAT IF IT'S BY CHOICE

## URBAN COMPASS

STEVE COLLINS  
METRO OTTAWA



Most of the time, I like being carless, saving the costs of insuring, maintaining, parking and feeding a vehicle, and missing out on the aggravation of the automotive horn-and-middle-finger parade. Part of the point of living in a city for me is being able to walk and bus anywhere I'm going.

There are drawbacks, of course. Buses can be a frustrating way to get somewhere on time, and trips to suburban locales that OC Transpo touches only rarely and glancingly leave me budgeting an extra hour to get there and back, or bumming yet another ride from one of my long-suffering friends. (Hi, Matt!)

Overall, though, I don't miss driving. There's something that just seems lazy about it. Get in, turn key, go. You don't have to give much thought to how you'll get anywhere, so you miss out on mental exercise as well as physical.

The car also has a way of creating errands. I rented one this past weekend for an out-of-town trip, and one of the first things I found myself doing was shopping, picking up a few things I'd been meaning to get because it was now easier, but also a few things I might not have bothered with otherwise. Cars are shopping machines.

I'm hardly a modal chauvinist pig, though, smugly flaunting my daintiness, wee carbon footprint at the car-bound. You use the transport that works for your situation. People have kids and commutes and other needs that demand wheels.

I'm also (reasonably) able-bodied and carless by choice. The city can be hard on those who aren't, and that's why I was impressed this week by Jana Mitchell, the 27-year-old entrepreneur behind Wheels for the Wise, a new driver-companion service aimed at seniors, particularly those with physical or mental disabilities.

Their drivers pick up clients, take them to the medical appointment, shopping trip or social happening, and help them get whatever they came to do done, carrying bags, helping with wheelchairs or just providing a bit of company.

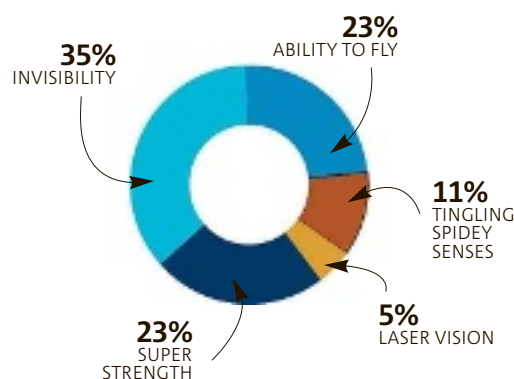
"Even though some clients don't necessarily need the constant physical assistance, it's just simply knowing that someone is there if they need them," Mitchell said.

At \$45 an hour, the service might take a biggy bite out of some fixed incomes, but it struck even my auto-agnostic self as a pretty smart use of a car. Wheels for the Wise is at 613-709-9473 or wheelsforthewise.com.



Register at  
[metropolitanpanel.ca](http://metropolitanpanel.ca)  
and take the quick poll

If you could have one super power, what would it be?



## Worth Mentioning

**SMALL TOWN.** Small Canadian towns are painfully aware of the existential predicament they face. Few are strangers to the sobering realities of declining and aging populations, young people fleeing to cities, difficulty maintaining infrastructure, and sky-high unemployment.

But residents of some small towns are working to reverse the trend, drawing both on creative ideas and on the good old-fashioned community spirit that tiny towns are known for.

Residents of the small Quebec village of Notre-Dame-de-Ham have begun a citizens' co-operative to start a combined convenience store/gas station/restaurant. So far, they have 97 members who have contributed \$35,000. That means nearly one-quarter of the town's 440 overall residents participated.

Bill Reimer, a Concordia University professor, said one small town, Warner, Alta. — population, 383 — managed, with one crumbling arena and a good local coach, to start an all-girls hockey school that has become nationally renowned. "It's all about finding your niche," he said. **THE CANADIAN PRESS**

## Cartoon by Michael de Adder



## WEIRD NEWS

### Fewer people loitering is music to their ears

Shoppers and employees say a convenience store in Columbus, Ohio, has fewer people hanging outside since the business started blaring classical music.

Customers tell WBNS-TV that loitering has declined quickly outside the United Dairy Farmers location in the Columbus Short North neighbourhood.

Workers, who have also noticed a change, say the new music went on earlier this week as part of upgrades at the store.

Shopper Allie Beck says the classical music is loud — she can hear it all the way down the street.

But she says it's an improvement over all the people who used to ask for change or bother passersby outside the store.

**THE ASSOCIATED PRESS**





# A remake with its own beat

► Disney's remake of the classic thriller, *Fright Night*, pays homage to the original while adding own twist to the story ► Farrell tries to bring his own quirks to vampire character

**CHRIS ALEXANDER**  
SCENE@METRONEWS.CA

Tom Holland's original, sublimely campy 1985 vampire thriller *Fright Night* is one of the most beloved horror films of its decade and the concept of a remake was met with sneers from its most ardent admirers.

How could anyone possibly duplicate the smooth, suave, seductive charm of actor Chris Sarandon as murderous suburban vampire Jerry Dandrige? According to Colin Farrell, who inherited the role in Disney's splashy new 3D remount, you can't.

"Chris was just charismatic, elegant, beautiful and dignified," Farrell told Metro last weekend in Toronto.

"My guy has more of an emotional disconnect. In essence there was a lot in the first film that I wish I could have played, but this is a different guy, he's more predatory. If you were around my Jerry, it would be perfectly normal but there's just something...not right."

Farrell's sexy blood-sucking beast is the lethal



► Actor Colin Farrell will star as seductive vampire Jerry Dandrige in the remake of the 1985 thriller *Fright Night*.

neighbour of average Nevada teen Charlie Brewster (Anton Yelchin), who slowly starts to believe his nerdy pal Ed (Christopher Mintz-Plasse) and his wild tales of the undead roaming their bedroom community.

After a few close fang

shaves, Brewster seeks famous Vegas magician/supernatural authority Peter Vincent (David Tennant) to help him put the stake to Dandrige once and for all.

The film uses the original picture's template as a springboard to forge a gory, funny romp

with its own beat, though it often takes the time to wink at fans of the first film, including referencing vampire Dandrige's fondness for fruit.

"I had to get that in," says Farrell of echoing the original's sequences of Dandrige eating apples between killings. "It

was just one of those things, a nod to the original. I rolled the apple off table and kind of threw it to myself. As Chris Sarandon said to me, (Dandrige) is a fruit bat. But my version also drinks beer..."

*Fright Night* 3D opens on Friday.

# 2

  
scene

## Box office



The *Rise of the Planet of the Apes* debuted at No. 1 in the weekend box office at \$27.5 million. The *Help* came in second.  
THE ASSOCIATED PRESS



Alec Baldwin to open new season on NBC's 'Saturday Night Live'

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## Celebrity tweets



"I'm traveling to Cannes and writing music today"



@50cent



@PSchwarzenegger

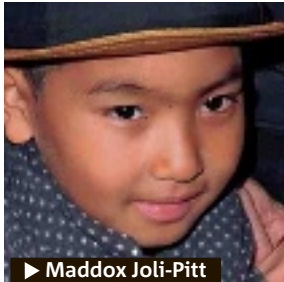
"Just visited Harvard university. Great college but I'm not adding it to the list. Stanford, USC, Penn, Georgetown are my tops for now."

"summertime ... saturday... and i got school. sweet"

@justinbieber



## Quick Dish



► Maddox Jolie-Pitt

## No stardom yet for Maddox

**PREMATURE.** Rumors about Maddox Jolie-Pitt going into the family business are premature, it turns out. Speculation was sparked last week that the 10-year-old would be making his film debut in *Battling Boy*, an action movie Brad Pitt's company is producing, but sources say the rumors are simply "not true." ● METRO

## Lohan meets rehab deadline

ALL PHOTOS GETTY IMAGES



► Lindsay Lohan

► Tells judge she can't afford a therapist ► Judge doesn't buy it

Lindsay Lohan has reportedly started therapy for her issues, as ordered by the court — and just in time, as the deadline for the troubled actress to start treatment is later this week, according to E! Online.

During a court appear-

ance last month, Lohan had told the judge she was trying to find the cash to pay for therapy. In response, the judge told Lohan's lawyer that the actress "needs to find an individual therapist that takes a credit card."

● METRO

## Winehouse letters, tracks, lyrics stolen

In another blow to Amy Winehouse's already upset family, unreleased tracks, lyrics and letters by the late singer have reportedly been stolen from her London home, according to *Hollyscoop*.

"This is such a sickening shock to the family," the source says.

"The family, record label and management are months away from deciding what to do with any

unreleased music. For that to be taken out of their hands is horrible."

Winehouse's father, Mitch Winehouse, is reportedly hoping the issue will resolve itself, though.

"Mitch is willing to give whoever has stolen the items a chance to do the right thing and put them back so it doesn't have to get messy," the source says.

● METRO



► Amy Winehouse

## Yeah, baby — Powers is back

Mike Myers has signed a deal to star in a fourth *Austin Powers* movie, according to *HitFix*.

There's no word on whether Jay Roach, who directed the first three films, will be returning as well. Myers' last live-action starring role was in 2008's *The Love Guru*, which was a critical and commercial

failure. He's since kept a fairly low profile, lending his voice to a forth *Shrek* film and making a cameo

in Quentin Tarantino's *Inglourious Basterds*.

Myers married girlfriend Kelly Tisdale last year and recently

announced that they're expecting their first child later this year.

● METRO



## Second child for Tina Fey

30 Rock star Tina Fey and husband Jeff Richmond welcomed their second daughter last week, her rep confirms to *Us Weekly*. Penelope Athena was born August 10, joining her big sister, 5-year-old Alice. Fey wrote in her memoir, *Bossypants*, that she felt compelled to give Alice a sibling: "My daughter is the only child in her class without a sibling. Most kids have at least two," she wrote. "Who will be my daughter's family when my husband and I are dead from stress-induced cankers? She must have a sibling."

● METRO

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3  
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## Sophie the Giraffe Teether

A recent article in Slate upped the profile of this rubber toy, already a huge seller on Amazon and in its home country of France (where it sold an estimated 816,000 last year). Will your baby care about the hype?

"Blursh," said ours between bites on its neck. ● MWN



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raffeteether.com



Five tips for buying food and household items.

# From real mom to spy mom

► With a three-year-old daughter and a baby on the way, Jessica Alba takes on a kid-friendly role in *Spy Kids 4* ► Conversations with the director led to the development of her character



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METRO WORLD NEWS IN HOLLYWOOD

Robert Rodriguez is known for bouncing between pulpy grown-up flicks like *Sin City* and kid-friendly fare like the *Spy Kids* series, but actress Jessica Alba, who stars in *Spy Kids 4*, had never seen him take on the latter.

"Robert doesn't change and his process doesn't change," she insists. "But there's a lightheartedness on a set where when there's kids around. You're not blowing things up and there's no half-naked girls and machine guns. There's no cursing. It's kids' stuff and toys."

While this is the third time Alba has teamed with Rodriguez, it's the first time they've done something family-friendly together. "I talked to Robert about wanting to do a movie that my daughter could see," she says. "There's a lot of natural comedy in being a first-time parent and just being in day-to-day situations."

Of course, in *Spy Kids 4*, a day-to-day situation could mean fighting off evil henchmen and car chases while extremely pregnant, which Alba does early in the film. "Walking up stairs is challenging when you're nine months pregnant," she admits. "I think it was really just a great comedic



► Jessica Alba, a soon-to-be-mother of two, stars in *Spy Kids 4*. This is her first children's movie.

set-piece. Like, what if a woman's going through contractions while trying to save the world? And, of course, a woman's going to try to do it all."

Alba later found out that it was her conversations

with Rodriguez that led to much of her character — a professional spy who puts work on hold for her family.

"He said that my character was inspired by just seeing me trying to balance it

all — and probably not doing the greatest job at it, but trying at least," she says with a laugh.

One of the ways she and husband Cash Warren try is by making family thtop priority on the weekends.

**"When they're done with college, if they want to get into the arts, that's fine. But I wouldn't encourage them to work in this type of environment."**

JESSICA ALBA ON DISCOURAGING HER KIDS FROM GETTING INTO SHOW BIZ

"That's when my husband and I make a concerted effort to not e-mail or text and really spend our time with our daughter and just be completely, 100 per cent focused on her," she says. "During the week, it's here and there depending on if I'm busy with meetings or not. It's a little easier now that she's in school. But it's tough, because I do care about my career. But she's my No. 1 priority, so if she's not doing OK, nothing else really matters."

While baby No. 2 is due any day now, Alba is already thinking about what's on her plate next — and it's not necessarily more family fare. "It's not like I want to only do family or kids' movies from now on," she says. "It's just nice to have a movie that my daughter can actually watch. I do miss doing action, and after I have the baby, I'm looking for a good action movie to do."

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# WORRYING SIGNS

How to let your child have his/her freedom while keeping an eye out for unsafe sex, drug use, cutting and other trouble.

## THE HIPPIE MOM



**Lili Meier**  
Owner, with husband, of My Little Green Shop, which sells organic and sustainable baby products online

Has a son, Sebastian, 25 months, and a daughter, Savara, 9 months

Teenagers will likely rebel if they think their freedom is being unreasonably controlled, so allow them as much as you think they can handle. The teen years should be all about exploring and experimenting — though of course along with that there needs to be lots of guidance and love from parents/caregivers. Be as vigilant as you can and keep an open dialogue. Teens with a lot of self confidence are less likely to behave irresponsibly and that's why helping young people develop healthy self-esteem is critical for parents. Let them know their feelings are important and that they truly matter as people in this world. And reserve judgment. Teens won't share personal problems if they know there'll be grief to pay for doing so.

## THE HIGH-POWERED WORKING MOM

**Avis Jones-DeWeever**  
Executive Director, National Council of Negro Women  
Mother of two boys, Aidan, 7, and Guy, 14



Knowledge is power. Arming my sons with age-appropriate, fact-based information about sex, drugs, and other potentially dangerous situations is an ongoing process in my home. Yet knowledge alone is not enough. Equally important is fostering the development of an internal moral compass, a sense of self-discipline, and enough self-confidence to forge a path that may differ from that of their peers. As I see it, guiding my sons along this path to maturity is one of my most critical responsibilities as a parent. To do this, I try to foster a healthy sense of self in my boys by ensuring that they understand and appreciate their history and culture, while also encouraging the discovery and development of individual talents and interests. Mine is a home that also promotes goal-setting and the practice of envisioning the future to which one aspires.

## THE STAY-AT-HOME MOM

**Samantha Mellen**  
Two boys: Lucas, 2, and Joshua, 4 months



It is my hope that, as I raise my sons, I am teaching them about life, including the "ugly" things like drugs, alcohol, unsafe sex, etc. These topics themselves are very tricky, and they can be even more so when you're talking about them with your kids. I hope to have a strong relationship with my children with open and honest communication. It's my job to train my child in the way they should behave, and what they do from there is up to them. As my boys grow and become teenagers and adults, I will answer questions, I will engage in conversations and I will teach them what is right and wrong, and what is safe and dangerous. With open communication, any warning signs will be noticed and hopefully, we can talk about it together.

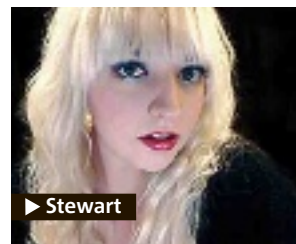
# I was a self-cutter

► In this essay, a self injurer, Christie Stewart, speaks

*I can feel the anger welling up in my body, and it feels like I'm drowning after yet another screaming match with my parents. I run to my room, slamming the door behind me. My mind races. I want to relax but the only way to do that is to see my own blood. Without thinking, I grab an Exacto knife from my desk and press it to my arm. Feeling a sharp object slice through my skin stops my pain and tears, and gives me an overwhelming sense of control.*

The first time I self injured, at age 13, I had no idea that this was the beginning of something that would become a part of my life for the next 13 years. I didn't know how to deal with my emotions, and self injury seemed to give me an escape.

In 2005, after eight



years in therapy, I stumbled across YouTube.

I saw videos of people talking about their lives, and decided to make one talking about my history with self injury, calling myself "xsullengirlx," not knowing what to expect.

The response was overwhelming: people from all over the world contacted me, saying they'd felt alone in their thoughts and self injuring acts, but hearing my story made them realize others were going through the same things. I continued making

videos detailing ways to cope, knowing many of my viewers were teenagers. Speaking out on YouTube was therapeutic.

And I could make a difference.

On the flip side, others have posted videos glorifying self injury.

A study in this month's Pediatrics journal worried parents by making headlines: "Many youth who self-injure may go online to find support," said the professor behind the University of Guelph study, "but at the same time they may see videos that could be harmful if self-injury is depicted as typical behaviour or if viewing these videos trigger the behaviour."

These clips show fresh cuts and wounds, usually set to angry music and edited together to look like sexy music videos, enticing



► Parents need to talk to their teens about self-injury.

teens. They're alluring, for sure. Who wouldn't want to look like an emo starlet out of Twilight, bloody but cool?

The trick, if you're a parent with a troubled kid, is to help them distinguish between those videos and the helpful ones.

And talk.

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# A pizza for everyone

► Kids will be happy that it's pizza; parents will love its veggie-richness

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA



► This recipe will serve four people.

Is there a kid out there who doesn't love pizza? This vegetable-rich Swiss cheese rendition will be a sure hit, especially because it's homemade.

Serve it with a mixed green salad topped with sun-dried tomato dressing.

## Preparation:

- 1 Preheat oven to 230 C (450 F).

- 2 In a frying pan over high heat, melt butter. Sauté mushrooms and garlic until fragrant (do not brown garlic). Add parsley, salt and pepper.

- 3 Spread the mushrooms on the pizza crust. Top with it rapini or broccoli florets and red onion. Sprinkle with cheese and bake on middle rack of oven for 7 to 10 min-

utes or until cheese is golden.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

## Ingredients:

- 50 ml (1/4 cup) butter
- 750 ml (3 cups) sliced portobello mushrooms
- 2 cloves garlic, chopped
- 50 ml (1/4 cup) chopped fresh parsley
- 1 precooked pizza crust

(40 cm/16 inches in diameter)

- 250 ml (1 cup) rapini or broccoli florets, blanched
- 75 ml (1/3 cup) chopped red onion
- 250 g (8 oz) Swiss cheese, shredded
- Salt and freshly ground pepper, to taste

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# SEEING THE EFFECT OF RECYCLING

Do you know of any charities that accept old eye glasses? *Jessica of Vancouver*

## QUEEN OF GREEN

LINDSAY COULTER  
GREEN@METRONEWS.CA



Donating your old glasses is an excellent idea. One recycling option

is a non-profit called OneSight. Visit its website at OneSight.org/na to use its store locator and find a drop-off location. Sponsoring stores include LensCrafters and Pearle Vision. You could also inquire at your local optometrist.

For over two decades, OneSight has collected

and distributed eyewear to those in need all over the world. Its charitable efforts have provided free vision care and eyewear to more than eight million people. And in some countries, a pair of eyewear costs more than a month's salary, so your old pair will mean a lot.

Lions Clubs Interna-

tional also collects millions of eyeglasses each year — one of its most popular activities. It costs less than a dollar to provide a pair of recycled eyeglasses, which can change someone's life.



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► Recycling old glasses is easier than you think.

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# He's belting out a tune of tenacity

► Sudan-born Waleed Abdulhamid never let go of his aspirations and now he's teaching those around him to follow his lead ► Prepare to be inspired!

JEAN-MARIE BARIKAGE



► Waleed Abdulhamid is committed to helping young people realize the many opportunities that lay before them.

## TURNING POINT

TERESA KRUIZE  
LIFE@METRONEWS.CA



Waleed Abdulhamid is an award-winning music artist, producer

and film maker but it is his work as a mentor and teacher with the Young Centre for the Performing Arts that truly makes him special.

When he speaks to youth his message is simple.

"I'm an African immigrant. Don't wait for opportunity because you have to create it. You have to have the guts to not

give up on your dream. Go for it."

Born in Sudan, Waleed left home at 18 to tour all the great cities of the world, performing and working with many top name artists.

But his turning point came in 1992 when he came to Canada and made Toronto his home.

"I love this city. We could be a great role model

for the rest of the world because we are so diverse. We come from all colours, all cultures and that's what makes Toronto so unique."

Canada has been given a great gift in Waleed Abdulhamid because he is the "music man" of a new generation that speaks from the heart of cultural unity. He is a role model for us all.

### High hopes

Do you have a dream? Waleed Abdulhamid suggests:

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MONDAY, AUGUST 15, 2011

# School stress 101

► Canadian universities watch for signs of distress as more students under pressure seek out counselling

GRAHAM HUGHES/THE CANADIAN PRESS

Universities across the country will be keeping a watchful eye on their flocks, looking for signs of distress as the fall semester kicks off.

Many are training residence dons and even professors to spot struggling students, part of a broader effort that has seen universities roll out suicide awareness campaigns, wellness classes and stress-management workshops in recent years.

The push comes as campus clinics scramble to assist a growing number of students seeking help as they wrestle with depression, post-traumatic stress, eating disorders and other conditions.

And even with a list of seminars, clubs and centres



► Dr. Robert Franck says the demand for health services in schools has only increased.

to choose from, students say it can be hard to know where to turn for help.

Demand for mental health services "has grown exponentially" over the past decade, said Dr. Robert Franck, who heads the mental health clinic at McGill University in Montreal.

Last year, the clinic - one of the few in the country

with several psychiatrists on staff - saw some 1,500 new students on top of those who return year-to-year, totalling more than 18,000 visits, he said.

"We try to give appointments within two weeks, because two weeks in the life of a student ... it's very important when they're struggling and in trouble," he said. THE CANADIAN PRESS



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# Djokovic's reign continues

► Top seed battles his way to victory at Rogers Cup ► 'This year by far has been the best in my career': Djokovic

The wins keep piling up for Novak Djokovic, who now has a second men's Rogers Cup title in his collection.

The world's top-ranked player posted a hard-fought 6-2, 3-6, 6-4 victory over sixth-seeded American Mardy Fish yesterday, a popular outcome before a mostly pro-Djokovic full house on centre court at Uniprix Stadium in Montreal.

It was Djokovic's ninth tournament victory of the year and a record fifth win in one season in an ATP Masters 1,000 event. The Wimbledon champion from Serbia improved his record this year to 53-1, including a perfect 29-0 on hard courts.

"I am human — I can definitely assure you of that," the 24-year-old said with a broad smile. "I guess it's just all about having a positive attitude on the court every day, waking up every day wanting to improve, wanting to win, being determined, being professional."

"It's that desire and motivation that keeps me going. Every match I play, I try to win, regardless which match is it or whoever is across the net."

On this day, he had an opponent nearly as hot as he was in Fish, who was in his third tournament final in a row.

Fish has now lost all sev-

**"I'm sure that there is going to be, you know, bad days.... I just feel that now I'm playing the best tennis of my life."**

NOVAK DJOKOVIC

en career meetings with Djokovic, but he gave the top seed a battle with his awkward mix of baseline and attacking play.

It was 2-2 in the third set before Fish lost a weak service game that gave away the match. But the 29-year-old never quit, battling back from 0-40 in the final game and forcing Djokovic to complete the win on his fourth match point.

"I put myself in a lot of positions to have chances," said Fish. "I just didn't execute on the big points."

"There's a reason why (Djokovic) has won so many matches this year. He's got to be leading the tour in break points saved, I'm sure, among other things."

Djokovic, who won his first Rogers Cup title in 2007, picked up \$450,000 US for the win. Fish earned \$224,000 for his effort to become the second player this year to beat Djokovic after Roger Federer did it at the French Open.

THE CANADIAN PRESS



► Novak Djokovic celebrates match point in Montreal yesterday.

## Serena rises

### from the ashes



Serena Williams captured the Rogers Cup women's tennis title in Toronto yesterday to continue a remarkable comeback from injury and illness.

► The 29-year-old American star dispatched No. 10-seed Samantha Stosur of Australia 6-4, 6-2 to win her first Rogers title since

claiming the Canadian tournament crown in 2001.

► The Rogers Cup was just Williams' fourth tournament since being sidelined for 49 weeks, first with a foot injury she suffered when she stepped on a piece of glass in a restaurant in Germany, and then with blood clots in her lungs.

# Stunning collapse costs Dufner a championship

Keegan Bradley won the PGA Championship yesterday with one of the greatest comebacks in major championship history.

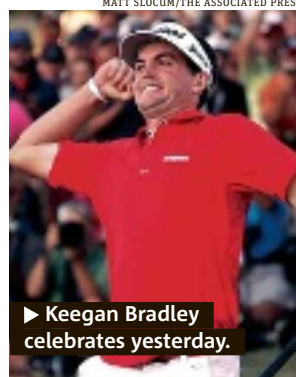
Bradley was down by five strokes after a triple bogey on the 15th hole of regulation. Jason Dufner appeared to have the title wrapped up, but Bradley rallied and Dufner collapsed.

Dufner put his tee shot in the water at 15, setting

up the first of three straight bogeys. Bradley made birdies at 16 and 17, going to the final hole suddenly tied for the lead.

Both players made par on the 72nd hole, but Bradley won the three-hole playoff by a single stroke. He tapped in for par at the 18th hole and lifted the Wanamaker Trophy in Johns Creek, Ga.

THE ASSOCIATED PRESS



► Keegan Bradley celebrates yesterday.

## Sports in brief

### Real Madrid, Barcelona play to draw in Supercup

**SOCCER.** Xabi Alonso's second-half goal earned Real Madrid a 2-2 draw against Barcelona in a first-leg Spanish Supercup match yesterday. Barcelona may field Cesc Fabregas in Wednesday's return leg at the Camp Nou after

announcing during the game it had reached a deal for the Arsenal midfielder. **THE ASSOCIATED PRESS**

### Uggla's streak ends at 33

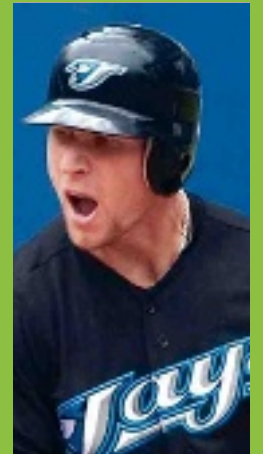
**MLB.** Braves second baseman Dan Uggla's 33-game hitting streak, the longest in the majors in five years, ended when he was 0-for-3 in yesterday's 6-5 loss to the Cubs. Uggla's streak passed Rico Carty's 31-game streak in 1970 as the longest in Atlanta Braves history.

**THE ASSOCIATED PRESS**

# 4

sports

## Quoted



**"I'm sure every guy wants to be that guy in here. I was just fortunate enough that it was my turn."**

**BRETT LAWRIE, WHOSE NINTH-INNING DOUBLE SCORED COLBY RASMUS TO PULL THE BLUE JAYS INTO A 4-4 TIE AGAINST THE LOS ANGELES ANGELS YESTERDAY. EDWIN ENCARNACION SINGLED WITH TWO OUT IN THE 10TH INNING TO SCORE YUNEL ESCOBAR AND GIVE THE JAYS A 5-4 WIN.**



Scan code for more sports.



MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	73	46	.613	—
New York	72	46	.610	½
Tampa Bay	64	55	.538	9
Toronto	61	59	.508	12½
Baltimore	46	72	.390	26½
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	64	56	.533	—
Cleveland	60	57	.513	2½
Chicago	60	60	.500	4
Minnesota	52	67	.437	11½
Kansas City	50	71	.413	14½
WEST DIVISION				
	W	L	Pct	GB
Texas	69	52	.570	—
Los Angeles	65	56	.537	4
Oakland	53	67	.442	15½
Seattle	52	67	.437	16

Yesterday's results

Toronto 5 L.A. Angels 4 (10 ins)

Baltimore 8 Detroit 5

Chicago White Sox 6 Kansas City 2

Seattle 5 Boston 3

Texas 7 Oakland 6

Minnesota at Cleveland (ppd., rain)

Tampa Bay at N.Y. Yankees (ppd., rain)

Saturday Results

Toronto 11 L.A. Angels 2

Chicago White Sox 5 Kansas City 4

Cleveland 3 Minnesota 1

Detroit 6 Baltimore 5

N.Y. Yankees 9 Tampa Bay 2

Seattle 5 Boston 4

Texas 7 Oakland 1

Monday Games

Minnesota (Liriano 7-9) at Detroit (Porcello 11-7), 7:05 p.m.

N.Y. Yankees (A.J. Burnett 8-9) at Kansas City (F.Paulino 1-4), 8:10 p.m.

Baltimore (Tom.Hunter 1-2) at Oakland (G.Gonzalez 9-10), 10:05 p.m.

Texas (Ogando 11-5) at L.A. Angels (Richards 0-1), 10:05 p.m.

Toronto (H.Alvarez 0-0) at Seattle (Pineda 9-7), 10:10 p.m.

Tuesday Games

Tampa Bay at Boston, 1:05 p.m., 1st game

Minnesota at Detroit, 7:05 p.m.

Tampa Bay at Boston, 7:10 p.m., 2nd game

Cleveland at Chicago White Sox, 8:10 p.m.

N.Y. Yankees at Kansas City, 8:10 p.m.

Baltimore at Oakland, 10:05 p.m.

Texas at L.A. Angels, 10:05 p.m.

Toronto at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	78	41	.655	—
Atlanta	70	51	.579	9
New York	58	62	.483	20½
Washington	57	62	.479	21
Florida	56	64	.467	22½
CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	70	51	.579	—
St. Louis	64	56	.533	5½
Cincinnati	59	62	.488	11
Pittsburgh	56	63	.471	13
Chicago	53	68	.438	17
Houston	38	83	.314	32
WEST DIVISION				
	W	L	Pct	GB
Arizona	68	53	.562	—
San Francisco	66	55	.545	2
Colorado	56	65	.463	12
Los Angeles	55	64	.462	12
San Diego	54	68	.443	14½

Yesterday's results

Arizona 5 N.Y. Mets 3

Chicago Cubs 6 Atlanta 5

L.A. Dodgers 7 Houston 0

Milwaukee 2 Pittsburgh 1 (10 ins)

San Diego 7 Cincinnati 3

San Francisco 5 Florida 2

Colorado at St. Louis

Washington at Philadelphia (ppd., rain)

Saturday Results

Arizona 6 N.Y. Mets 4

Chicago Cubs 8 Atlanta 4

Cincinnati 13 San Diego 1

Colorado 6 St. Louis 1

L.A. Dodgers 6 Houston 1

Milwaukee 1 Pittsburgh 0

Philadelphia 11 Washington 3

San Francisco 3 Florida 0

Monday Games

San Francisco (Bumgarner 7-11) at Atlanta (T.Hudson 12-7), 7 p.m.

St. Louis (Westbrook 9-6) at Pittsburgh (Ja.McDonald 7-6), 7:05 p.m.

Chicago Cubs (R.Lopez 3-3) at Houston (Sosa 0-1), 8:05 p.m.

L.A. Dodgers (Lilly 7-12) at Milwaukee (Wolf 9-8), 8:10 p.m.

Florida (Hensley 1-4) at Colorado (Millwood 0-1), 8:40 p.m.

N.Y. Mets (Dickey 5-11) at San Diego (Harang 11-3), 10:05 p.m.

Tuesday Games

Arizona at Philadelphia, 7:05 p.m.

Cincinnati at Washington, 7:05 p.m.

St. Louis at Pittsburgh, 7:05 p.m.

San Francisco at Atlanta, 7:10 p.m.

Chicago Cubs at Houston, 8:05 p.m.

L.A. Dodgers at Milwaukee, 8:10 p.m.

Florida at Colorado, 8:40 p.m.

N.Y. Mets at San Diego, 10:05 p.m.

BLUE JAYS 5, ANGELS 4 (10 INN.)

Los Angeles	ab	r	h	bi	Toronto	ab	r	h	bi
Bourjos cf	4	1	2	1	YEscor ss	3	1	0	0
Callasp 3b	3	0	0	1	ETHms lf	3	1	1	2
Abreu dh	4	1	2	0	RDavis ph	1	0	0	0
TrHntr rf	4	1	1	2	Teahen pr-lf	1	0	0	0
Trumo 1b	4	0	0	0	Bautist rf	4	1	3	1
V.Wells lf	4	0	0	0	Lind 1b	5	0	0	0
HKndrc 2b	4	0	0	0	Encmc dh	5	0	2	1
Aybar ss	4	0	0	0	Rasms cf	4	1	1	0
BoWlsn c	3	1	1	0	Lawrie 3b	4	0	1	1
Arenci c	4	0	0	0					
JMcDnl 2b	4	1	2	0					

Totals 34 4 6 4 Totals 38 5 10 5

Los Angeles 201 010 000 0—4

Toronto 000 201 001 1—5

Two outs when winning run scored.

DP—Toronto 1. LOB—Los Angeles 1, Toronto 7.

2B—Bourjos (21), Bo.Wilson (6), Rasmus (5),

Lawrie (3), Jo.McDonald (8). 3B—Bourjos (8).

HR—Tor.Hunter (15), E.Thames (7), Bautista (34). SB—Abreu 2 (17), Lawrie (1). S—

Y.Escobar. SF—Callaspo.

Los Angeles	IP	H	R	ER	BB	SO
Haren	7	5	3	3	0	5
S.Downs H,20	1	2	0	0	0	0
Walden BS,8-34	1	2	1	1	0	1
Rodney L,2-5	1-3	0	1	1	2	1
Takahashi	1-3	1	0	0	0	0
Toronto						
Cecil	7	5	4	4	0	3
Janssen	1	0	0	0	0	1
F.Francisco	1	1	0	0	0	0
Rauch W,5-3	1	0	0	0	0	1

Umpires—Home, David Rackley; First, Alan Porter; Second, Rob Drake; Third, Gary Darling. T—2:52. A—23,355 (49,260).

TENNIS

ATP ROGERS CUP

At Montreal Singles Championship Novak Djokovic (1), Serbia, def. Mardy Fish (6), U.S., 6-2, 3-6, 6-4. Doubles Championship Michael Llodra, France, and Nenad Zimonjic (4), Serbia, def. Bob and Mike Bryan (1), U.S., 6-4, 6-7 (5), 10-5 tiebreak.

WTA ROGERS CUP

At Toronto Singles Championship Serena Williams, U.S., def. Sam Stosur (10), Australia, 6-4, 6-2. Doubles Championship Liezel Huber and Lisa Raymond (3), U.S., def. Victoria Azarenka, Belarus, and Maria Kirilenko (4), Russia, walkover.

CFL

WEEK SEVEN

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Winnipeg	7	6	1	0	182	130	12		
Montreal	7	5	2	0	222	156	10		
Hamilton	7	4	3	0	189	176	8		
Toronto	7	1	6	0	160	215	2		
WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Calgary	7	5	2	0	194	172	10		
Edmonton	7	5	2	0	173	154	10		
B.C.	7	1	6	0	167	202	2		
Saskatchewan	7	1	6	0	147	229	2		

Saturday Results Hamilton 37 Toronto 32 Winnipeg 30 B.C. 17

Friday Result

Calgary 45 Saskatchewan 35

Thursday Result

Montreal 27 Edmonton 4

WEEK EIGHT

Byes: Calgary, Hamilton, Montreal, Winnipeg Thursday, Aug. 18 Saskatchewan at Toronto, 7:30 p.m.

Friday, Aug. 19

B.C. at Edmonton, 9 p.m.

SOCCER

MLS

Last night's result Portland at Houston Saturday Results Toronto 1 Real Salt Lake 0 D.C. United 4 Vancouver 0 Chivas USA 0 Seattle 0 Colorado 2 San Jose 1 Columbus 3 New England 1 New York 2 Chicago 2 Philadelphia 2 Dallas 2

ENGLAND

PREMIER LEAGUE

Yesterday's results Stoke 0 Chelsea 0 West Bromwich Albion 1 Manchester United 2

LEAGUE CHAMPIONSHIP

Yesterday's results Blackpool 2 Peterborough 1 Cardiff 3 Bristol City 1

FRANCE

LIGUE 1

Yesterday's results Evian 1 Nice 0 Auxerre 2 Marseille 2 Lille 0 Montpellier 1

GERMANY

BUNDESLIGA

Yesterday's results Kaiserslautern 1 Augsburg 1 Bayer Leverkusen 1 Werder Bremen 0

SCOTLAND

PREMIER LEAGUE

Yesterday's results Kilmarnock 4 Hibernian 1

GOLF

PGA CHAMPIONSHIP

At JOHNS CREEK, Ga.

Par 70

Final round

(x—won on three-hole aggregate playoff):

x-Keegan Bradley

Jason Dufner

Anders Hansen

Robert Karlsson

David Toms

Scott Verplank

Adam Scott

Lee Westwood

Luke Donald

Kevin Na

D.A. Points

Trevor Immelman

Gary Woodland

Sergio Garcia

Bill Haas

Nick Watney

Charl Schwartzel

Steve Stricker

Brian Davis

Phil Mickelson

Ryan Palmer

Matt Kuchar

Hunter Mahan

John Senden

Brendan Steele

Charles Howell III

Robert Allenby

Jerry Kelly

Bubba Watson

Mark Wilson

Scott Piercy

Brendon de Jonge

Spencer Levin

Chris Kirk

Alexander Noren

Francesco Molinari

Matteo Manassero

Ben Crane

Johan Edfors

Harrison Frazar

Ian Poulter

K.J. Choi

Bill Lunde

Jim Furyk

Andres Romero

Pablo Larrazabal

Ross Fisher

Seung-yul Noh

Yuta Ikeda

Brandt Jobe

Rickie Fowler

John Rollins

Jhonattan Vegas

Johnson Wagner

Simon Dyson

Ryan Moore

Ricky Barnes

Bryce Molder

Michael Bradley

Zach Johnson

K.T. Kim

Kevin Streelman

Robert Garrigus

Sean O'Hair

Peter Hanson

Padraig Harrington

Rory McIlroy

Miguel Angel Jimenez

Edoardo Molinari

Y.E. Yang

Mike Small

Paul Casey

Davis Love III

Shaun Micheel

Rory Sabbatini

NATIONWIDE-PRICE CUTTER CHARITY CHAMPIONSHIP

At SPRINGFIELD, Mo.



## Crossword

### Across

1 Small pellets  
4 Cigar residue  
7 Soft-drink flavor  
11 Secular  
13 Sticky stuff  
14 Mountain goat  
15 Norway's capital  
16 Erstwhile acorn  
17 Buster Brown's dog  
18 Grave robber  
20 Red gemstone  
22 Pinch  
24 Round peg in a square hole  
28 3/4 time dances  
32 Coast  
33 Bakery employee  
34 — Mahal  
36 Capri is one  
37 Cafeteria carriers  
39 Mends old jeans, maybe  
41 Old Toyota model  
43 Stir-fry pan  
44 Cambodia neighbor  
46 It makes dough rise  
50 God, in Grenoble  
53 "CSI" evidence  
55 Ancient letter  
56 Bedouin  
57 Republicans  
58 Ollie's pal  
59 New York ball club  
60 Female sheep  
61 Choose

5 Fly high  
6 Nonsense  
7 1991 movie for which Jack Palance earned an Oscar  
8 Japanese sash  
9 Lower limb  
10 Hatchet  
12 Golfers' meccas  
19 Taylor or Claiborne  
21 Huge  
23 Favorite  
25 Tuna or carp  
26 Not busy  
27 Ball holders  
28 Skater Katarina

29 Land measure  
30 Shakespearean king  
31 Tree fluid  
35 Mandible  
38 Vast expanse  
40 Plaything  
42 Skiers' hotel  
45 Winter forecast  
47 Car  
48 Break suddenly  
49 Campsite shelter  
50 Beaver's construction  
51 Anger  
52 Dine on

54 Gorilla

### ► Yesterday's answer

ODORS ASH ODO  
IONIC ZOO PRO  
LEECH ONESTOP  
SEWERS WINE  
PAT AXE LACES  
ABBY ISLAM  
DEPART EXPOSE  
BASTE SNAQ  
SHALT ERS EDO  
PORE STYLES  
ONESTAR OTHER  
KON ORI SNORE  
ERA YES SATED

## Sudoku

					3		2	6
2	6							
					2	3		5
6	5			7	1		9	
	4						5	
	9		8	6			4	1
7		5	9					
							6	7
9	8		3					

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

6	8	3	9	2	4	7	1	5
9	1	2	6	7	5	8	4	3
5	7	4	3	8	1	9	2	6
1	5	8	2	6	3	4	7	9
2	4	6	1	9	7	3	5	8
7	3	9	5	4	8	1	6	2
8	2	7	4	3	6	5	9	1
4	9	1	6	5	2	8	3	7
3	6	5	7	1	9	2	8	4

**Today**  
  
**24°/17°**  
Thunderstorms  
60%

**Tuesday**  
  
**27°/14°**  
Partly cloudy  
40%

**IT'S LIKE HAVING A METEOROLOGIST LIVING IN YOUR POCKET.**  
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## Today's horoscope

♈ **Aries** March 21-April 20 Speak your mind today and if others don't like what you have to say that's too bad.

♉ **Taurus** April 21-May 21 This is not an easy time of year for you but, as always, you will rise to the challenges that come your way.

♊ **Gemini** May 22-June 21 You will be at your imperious best as the new weeks begins.

♋ **Cancer** June 22-July 22 Don't commit yourself to anything that cannot be changed at a moment's notice.

♌ **Leo** July 23-Aug. 23 No matter

what problems or difficulties you may encounter over the next few days you will deal with them all with ease.

♍ **Virgo** Aug. 24-Sept. 22 You will certainly make an impression today but will it be the right sort?

♎ **Libra** Sept. 23-Oct. 23 Most people you deal with today will give you what you desire without having to be asked twice.

♏ **Scorpio** Oct. 24-Nov. 22 A door that has been closed to you in the past is at last starting to open but for some reason you seem reluctant to pass through.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

♐ **Sagittarius** Nov. 23-Dec. 21 Stay calm and don't get carried away with your own success.

♑ **Capricorn** Dec. 22-Jan. 20 If your attitude is right you'll do a wonderfully good job.

♒ **Aquarius** Jan. 21-Feb. 18 Is what you are doing with your life what you want to be doing a year from now?

♓ **Pisces** Feb. 19-March 20. Break out of the rut you are in and learn to enjoy living close to the edge. **SALLY BROMPTON**

## Caption contest



"This is not what I was thinking when I signed up for Plenty of Fish."

TIM



**WIN! You write it!**

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

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### 10 Gr. Caravan SXT

• Stow N Go, Load, A/C  
• st: 32529  
• km: 48671

**\$17,980**

**\$146\*\*\***  
Bi-weekly



### 07 Beetle Convert.

• Load, A/C, Roof, A/C, Auto  
• st: 32279  
• km: 74238

**\$16,940**

**\$154\*\*\***  
Bi-weekly



### 09 Dodge Journey

• Load, A/C, Auto  
• st: 11277-A  
• km: 61979

**\$15,980**

**\$129\*\*\***  
Bi-weekly



### 08 Ford Fusion SEL

• V6, Load, Roof, A/C, Auto  
• st: 32558  
• km: 108563

**\$10,890**

**\$99\*\*\***  
Bi-weekly



### 07 Jeep Patriot Sport

• Load, A/C, Auto  
• st: 31996  
• km: 76411

**\$10,860**

**\$99\*\*\***  
Bi-weekly



### 10 Corolla CE

• Load, A/C, Auto  
• st: 32303  
• km: 65154

**\$14,450**

**\$117\*\*\***  
Bi-weekly



### 10 Nissan Sentra

• Load, A/C, Auto  
• st: 32385  
• km: 60529

**\$13,750**

**\$111\*\*\***  
Bi-weekly



## GREAT DEALS ON FUEL SAVERS!



### 10 Mustang Convert

• Load, A/C, Auto  
• st: 31839  
• km: 53533

**\$23,850**

**\$185\*\*\***  
Bi-weekly



### 07 Sienna CE

• Load, A/C, Auto  
• st: 32328  
• km: 92142

**\$15,930**

**\$145\*\*\***  
Bi-weekly



### 08 Mazda3 GX

• Load, A/C  
• st: 32546  
• km: 100471

**\$9,460**

**\$86\*\*\***  
Bi-weekly



### 08 Toyota Yaris

• Std  
• st: 32499  
• km: 51207

**\$9,650**

**\$88\*\*\***  
Bi-weekly



### 07 Chevrolet Cobalt

• Auto  
• st: 32487  
• km: 64138

**\$6,990**

**\$64\*\*\***  
Bi-weekly



### 09 Honda Fit

• A/C  
• st: 32160-A  
• km: 14203

**\$13,950**

**\$113\*\*\***  
Bi-weekly



### 07 Pontiac G6 GT

• Convert, Load, A/C, Auto  
• st: 32611  
• km: 74951

**\$14,950**

**\$136\*\*\***  
Bi-weekly



### 08 LandRover LR2 SE

• Load, A/C, Roof, Lthr, Auto  
• st: 32460  
• km: 87162

**\$21,650**

**\$190\*\*\***  
Bi-weekly



### 11 Mazda2

• Load, A/C, Auto  
• st: 32649  
• km: 30

**\$16,950**

**\$137\*\*\***  
Bi-weekly



### 07 Saturn Aura XE

• Load, A/C, Auto  
• st: 31687  
• km: 81620

**\$9,660**

**\$88\*\*\***  
Bi-weekly



### 10 Honda Insight

• Hybrid, Load, A/C, Auto  
• st: 31958-A  
• km: 53737

**\$18,800**

**\$152\*\*\***  
Bi-weekly



### 09 Kia Rio

• Load, A/C, Auto  
• st: 32437  
• km: 63588

**\$9,820**

**\$79\*\*\***  
Bi-weekly



### 07 Volkswagen Rabbit

• Load, A/C, Auto  
• st: 32523  
• km: 71325

**\$11,950**

**\$109\*\*\***  
Bi-weekly



### 08 Benz B200

• Load, A/C, Auto  
• st: 32353  
• km: 66500

**\$17,880**

**\$163\*\*\***  
Bi-weekly



### 07 Sebring

• Load, A/C  
• st: 31515  
• km: 86262

**\$9,680**

**\$88\*\*\***  
Bi-weekly



### 07 Accent GS

• Std  
• st: 31708  
• km: 94360

**\$6,550**

**\$60\*\*\***  
Bi-weekly



### 07 Civic DX-G

• Load, A/C, Auto  
• st: 11136-A  
• km: 93331

**\$11,350**

**\$103\*\*\***  
Bi-weekly



### 07 Nissan Versa S

• Load, A/C, Auto  
• st: 32667  
• km: 95990

**\$8,960**

**\$82\*\*\***  
Bi-weekly



### 07 Matrix

• Std  
• st: 31443  
• km: 91796

**\$7,950**

**\$72\*\*\***  
Bi-weekly



### 09 PT-Cruiser

• Load, A/C, Auto  
• st: 32428  
• km: 61199

**\$8,950**

**\$72\*\*\***  
Bi-weekly



### 08 Ford Focus SE

• Load, A/C, Auto  
• st: 31986  
• km: 91981

**\$8,970**

**\$82\*\*\***  
Bi-weekly



### 07 Elantra GL

• Auto  
• st: 31589  
• km: 96648

**\$7,950**

**\$72\*\*\***  
Bi-weekly



### 07 Kia Spectra LX

• Load, A/C, Auto  
• st: 11329-A  
• km: 52231

**\$8,350**

**\$76\*\*\***  
Bi-weekly



### 07 Pontiac G5

• Std  
• st: 32485  
• km: 41476

**\$6,370**

**\$58\*\*\***  
Bi-weekly



### 10 Altima 2.5S

• Load, A/C, Auto  
• st: 32443  
• km: 75294

**\$14,950**

**\$121\*\*\***  
Bi-weekly



### 08 Volvo C30

• Load, A/C, Auto  
• st: 32561  
• km: 77462

**\$16,970**

**\$155\*\*\***  
Bi-weekly



### 08 Lexus IS 250

• AWD, Load, A/C, Roof, Lthr, Auto  
• st: 29824  
• km: 75146

**\$28,840**

**\$253\*\*\***  
Bi-weekly



### 07 Equinox LT

• Load, A/C, Roof, Auto  
• st: 32482  
• km: 57348

**\$13,640**

**\$124\*\*\***  
Bi-weekly



### 07 Acura TSX

• Load, A/C, Roof, Lthr, Auto  
• st: 32300  
• km: 80527

**\$16,840**

**\$153\*\*\***  
Bi-weekly



### 07 Mazda CX-7 GS

• Load, A/C, Roof, Auto  
• st: 31015  
• km: 73600

**\$14,950**

**\$136\*\*\***  
Bi-weekly



### 08 Ford Escape XLT

• Load, A/C, Auto  
• st: 32597  
• km: 60987

**\$14,460**

**\$132\*\*\***  
Bi-weekly



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